

SCHOOL NUTRITION TEAM - Wisconsin Department of Public Instruction - School Nutrition Bulletin #5, October 25, 2016

Announcements from WI DPI School Nutrition Team:

- Smarter School Breakfast
- USDA ChooseMyPlate - “My Plate, My State”
- Register Today! Stepping Up School Wellness - Wisconsin Team Nutrition Wellness Summit

Smarter School Breakfast

Breakfast in the classroom is considered a best practice strategy for increasing participation in your program. When breakfast is offered in the classroom, more students eat. In addition, eating breakfast supports the health and academic potential of students. Check out the following [video](#) to see how Black River Falls Middle/High School and Taylor Prairie Elementary School in the Monona Grove School District are making breakfast in the classroom work for them! Visit the [School Nutrition Team website](#) for more information regarding the School Breakfast Program, including breakfast in the classroom.

USDA ChooseMyPlate – “My Plate, My State” (Wisconsin)

My Plate, My State is a recent addition to *My Plate, My Wins*, which is all about helping individuals find a healthful eating pattern they can actually maintain in their everyday life! *My Plate, My State* specifically wants to support your state’s farmers by fitting the foods and flavors that grow in your state into the ways you eat every day. This is all about finding the right diet that works for you, and continue making small changes to include more local foods. Some foods commonly produced in Wisconsin include: apples, barley, cabbage, carrots, cheese, cherries, cucumbers, cranberries, goats, grapes, oats, onions, pumpkins, squash, strawberries, sweet corn, trout, and turkey!

Want to know what your plate looks like? Use the following resources to find out:

- My Plate, My State Graphics <https://www.choosemyplate.gov/myplate-mystate-graphics-and-resources>
- Toolkits for Teachers <https://www.choosemyplate.gov/myplate-mystate-toolkit-teachers>
- National Farmers Market Directory <https://www.ams.usda.gov/local-food-directories/farmersmarkets>
- CSA (Community Supported Agriculture) Directory <https://www.ams.usda.gov/local-food-directories/csas>
- Know Your Farmers, Know Your Food <http://www.usda.gov/wps/portal/usda/knownyourfarmer?navid=kyf-kyf>

Register Today! Stepping Up School Wellness

Don’t forget to register for the 2016 School Wellness Summit. Join Wisconsin Team Nutrition on Tuesday, November 15, at the Kalahari in the Wisconsin Dells and learn how you can “step up” your school wellness environment. Sessions include *Local Wellness Policies 101*, *Marketing Your Meals*, *Enhancing Your Program through Student Involvement*, and many more! Don’t miss the *Building a Better Breakfast* breakout session to learn about an upcoming grant opportunity from the Wisconsin Milk Marketing Board. Cost is \$35 to attend and the last day to register is November 6. To learn more or register, visit <http://dpi.wi.gov/team-nutrition>.

This is a communication from the WI Department of Public Instruction, School Nutrition Team.
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